

[Body Mass Index Screening Results for Bedford, MA School Children - Grades 1, 4, 7 and 10](#)

Click on the links below for some ideas on how to improve your Body Mass Index (BMI) and overall Health and Wellness:

Bedford Recreation Department - recreation opportunities right in your own community - <http://www.bedfordma.gov/index.php/departments/recreation>

Massachusetts Department of Public Health, Mass in Motion Website - <http://www.mass.gov/massinmotion/>

BMI Frequently Asked Questions - http://www.mass.gov/Eohhs2/docs/dph/com_health/school/bmi_faq_english.pdf

Minuteman Bikeway - <http://www.minutemanbikeway.org/>

Bedford Trail Maps - <http://www.bedfordma.gov/index.php/trail-maps>

Healthy Meal Planning - <http://www.mealsmatter.org/>

Interactive Menu Planner - <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

Calculate your Daily Calorie Goal - <http://www.livestrong.com/thedailyplate/>

Calculators for Calories Burned and BMI - http://www.caloriesperhour.com/index_burn.php

Spark People helps people reach their health goals with fitness plans, calorie counters, exercise trackers and blogs - <http://www.sparkpeople.com>

Fitness Partner - helping people create a fit and healthy lifestyle - <http://www.primusweb.com/fitnesspartner/>

Quick Tips for Healthy Eating and Moving More - http://www.mass.gov/Eohhs2/docs/dph/com_health/school/reduce_bmi_fact_sheet.pdf

